

12. Too lazy to die

Marius Harmse

Who I am

I was born in Pretoria, South Africa and I am 37. I grew up in Pretoria, Potgietersrus and Middelburg and then moved to join my parents in Cape Town in 1997. It was a huge shock to test HIV positive in 2003 and I have now been living for seven years with HIV. While staying with my sister in Port Elizabeth, I was diagnosed with TB in my lung and spine, and have also had to come to terms with living with disability. The love of my family and my partner, Shirley, has helped pull me through. I do motivational speaking on positive living and work for the HIV/AIDS Unit of the Cape Peninsula University of Technology.

Why I am telling my story

My wish is for everyone out there to understand what HIV is and how to live with it. Awareness is very important to encourage people to have a more positive and open mind about HIV. This will help reduce the stigma and fear surrounding HIV, and people like us who are living and surviving with HIV. I want you to know that I am not going anywhere anytime soon.

